

The State of Washington



Proclamation

WHEREAS, Washington's population is one of the most rapidly aging populations in the nation, with the number of citizens over 65 years of age projected to double by 2020; and

WHEREAS, 50% of people age 65 or older have at least two chronic conditions, which result in disability, reduced quality of life, and increased health care costs; and

WHEREAS, preventing or delaying age-related chronic conditions is important so our older citizens can continue to be healthy, productive and independent; and

WHEREAS, many chronic conditions are preventable and people who get regular physical activity and eat a healthy diet reduce their risk of chronic diseases, and have half the risk of disability of those who do not maintain these habits; and

WHEREAS, continued good health in our older population will help minimize health care costs; and

WHEREAS, older persons can serve as vital role models to younger persons on the importance of a lifetime of good health habits; and

WHEREAS, Washington State public and private agencies provide programs to promote good nutrition and physical activity for all ages, including our older citizens; and

WHEREAS, Washington State is committed to enabling healthy aging and being proactive in planning for the aging of our population so we can *Celebrate Long Term Living*; and

WHEREAS, *Celebrate Long Term Living* is the theme for Older Americans Month;

NOW, THEREFORE, I, Christine O. Gregoire, Governor of the state of Washington, do hereby proclaim May 2005, as

Older Americans Month

in Washington State, and I urge all citizens to join me in this special observance.



Signed this 5th day of April, 2005

Christine Gregoire

Governor Christine O. Gregoire